



Sesame-crusted Halibut with Poblano Cream Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings poblano cream sauce
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings green onions chopped
- ☐ 24 ounce pacific halibut filets
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sesame seed

- ☐ 0.5 cup vegetable oil
- ☐ 0.5 teaspoon pepper white

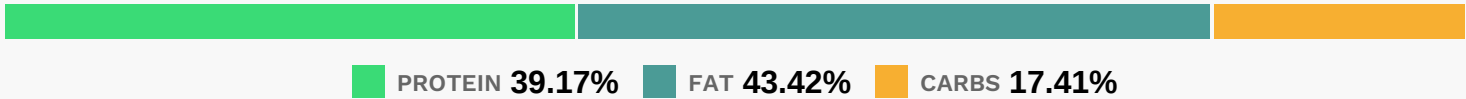
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a shallow dish.
- ☐ Place eggs in a shallow dish.
- ☐ Place sesame seeds in a shallow dish. Dredge fish in flour mixture; dip in eggs. Press one side of fish into sesame seeds.
- ☐ Heat oil in a large skillet over medium-high heat. Cook fish, seed-side up, 3 to 4 minutes or until lightly brown. Turn, and cook 3 to 5 minutes or until fish flakes easily with a fork. Spoon Poblano Cream Sauce on plates and top with fish.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:9.48, Inflammation Score:-7, Nutrition Score:29.917826097945%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 409.19kcal (20.46%), Fat: 19.66g (30.25%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 14.86g (5.4%), Sugar: 0.68g (0.75%), Cholesterol: 176.36mg (58.79%), Sodium: 448.66mg (19.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.91g (79.82%), Selenium: 97.05µg (138.65%), Vitamin B3: 12.9mg (64.48%), Phosphorus: 589.37mg (58.94%), Vitamin B6: 1.13mg (56.69%), Vitamin D: 8.49µg (56.63%), Copper: 0.86mg (42.8%), Vitamin B12: 2.09µg (34.9%), Manganese: 0.62mg (30.92%), Magnesium: 113.28mg (28.32%), Potassium: 898.53mg (25.67%), Vitamin B1: 0.37mg (24.65%), Iron: 4.3mg (23.91%), Calcium: 216.72mg (21.67%), Vitamin K: 22.59µg (21.51%), Folate: 82.85µg (20.71%), Vitamin B2: 0.29mg (17.34%), Zinc: 2.53mg (16.88%),

Vitamin E: 1.86mg (12.41%), Fiber: 2.88g (11.54%), Vitamin B5: 1.05mg (10.5%), Vitamin A: 310.49IU (6.21%), Vitamin C: 1.18mg (1.43%)